## THE TROY HERALD.

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# GENERAL PARAGRAPHS.

Incidents and Accidents.

—An old lady in Carthage, N. Y., aged 101, nearly killed herself jumping the rope the other day.

-A justice of the peace in Georgia re-cently sentenced a man to perpetual ban-

Ishment.

—Mrs. Bromley and her two sons, of Indianapolis, Ind., died at Pueblo, Cal., iast week, from an overdose of opium.

—An old chap at Oil City, Pa., likely to die, has burned up \$16,000 that there may be no quarreling over his will.

—A man in Charleston, S. C., was recently convicted of branding his stepson, a child, with a hot iron.

—An lowe teacher, residing four miles.

a chifd, with a hot iron.

—An lowa teacher, residing four miles from her school-house, rides to her duties every morning on an ox.

—A devoted young wife at Auburn, Me., tried to poison herself recently, because her husband rebuked her for going

—A Kansas lady, aged sixty five, made her fourteenth contribution to the census a few days ago.

—Mr. George Patten, aged seventy-six, took Miss Maria Thompson, aged seventy, as his blushing bride in Oakham County, Mich., last week.

The systematic murderers of Polk county. Iowa, have killed nine men in two years, each time shooting the victim in the left breast with a shot-gun.

—A Minnesota paper asserts that a kerosene lump, so set that the rays of the sun passed through it and came to a focus on a window curtain, set the curtain on

—A petticoated woman who was ar-rested at Winterset, lows, on suspicion that she was one of the Bender women, proved to be arrayed in garments of the

wrong gender.
—In Meriden, Conn., last week, John C.
Adams, aged seventy-six, and his wife,
aged seventy, after fifty-two years of married life, died at the same hour.

—A Knoxville, Tenn., baby, less than two years old, recently threw an ale bottle at its nurse's head with such force and accuracy of aim as to fracture her skull, causing a fatal result.

—Joseph Lunday, of Fulton county, Ill., one warm day last week drank two tumblers of loe-water, and departed within the hour to another and perhaps a cooler world.

—A Baptist clergyman out West under-took to baptize his wife at an unseasona-ble hour. He kept her head under water too long, and now he has to be hung up to dry in consequence.

—In digging a well in White Plains, Nevada, recently, a stream of water of boiling heat was reached at a depth of eighty-two feet. This is probably the first artificial well of boiling water ever made.

—Henry Gelst was sententious enough.
He said: "Better end without trouble than trouble without end. I am tired of life and prefer to live no longer." The suicide was only twenty-one, a lithographer, destitute, and without work.

-In the hills of New Hampshire there is in one of the wayside taverns well known to artists a woman of such amazing strength she can lift a half-barrel of cider to her mouth and drink from the

—A Milwaukee servant girl, whose lover insisted upon an early day for the wedding, had gathered together eighteen towels, fifty napkins, twenty sheets, three quilts, seven dresses, and several other articles when arrested.

—Citizens of Indianapolis beat their wives with pokers, and style it domestic discipline. If somebody would fill them with lead, and call it a joke, the point might not be apparent, but the fact could not fail to be commended.

—A man in Worcester, Mass., who has been before the courts 117 times for drunk-enness, and has paid \$1,142 in fines, has lately signed the pledge, hoping to save money and to avoid many unpleasant experiences.

—This time from Woodstock, Ont., comes the periodical tale of the toad found imbeded in the heart of a tree, where it must have lain for centuries—the latest illustration of how toadyism will flourish in monarchical countrie

-A Teuton on the east side, whose con-science told him that he had wasted too much time and money in dissipation, has reformed, and taken the pledge not to drink more than forty glasses of lager beer per day for a twelvemonth to come.

—The patent churn is the latest isem-creator yet produced by the boundless West. A little girl at Clinton, Wis., was recently caught in the gearing of one of these implements, and ere she could be rescued looked as if she had been spanked with a curry-comb.

—Sue Blair, of Fond du Lac, Wisconsin, played her lover a game of chess the other day to decide whether the wedding day should be fixed for this year or the next. Sue desired more time but lost the game, and must face the parson before the

—The following notice is said to have been recently found posted in the v-sti-bule of a church in Scotland: "The per-son who stole 'Songs of the Sanctuary' from pew No. 32 should improve the op-portunity of singing them here, as he will have no occasion to sing them here-after."

after."

—An "anonymous" check for \$5,000 is reported to have been dropped into the contribution box of a Norwich, Conn., Church. This is truly noble generosity; but unless the local papers have made a trifling mistake, we don't exactly see hew the money is to be obtained.

—A waiter, named Tom Worrell, was discharged from an Omaha hotel, and bemoaned his fortune until he was made the recipient of \$150,000, left by an uncle. He has since determined not to go back into the waiting business. That's the way of the Worrel'd.

Scientific and Industrial.

The Pennsylvania buckwheat crop is said to be large enough for the consump-tion of all the lasses in the State.

Philadelphia has 4,000 looms engaged in the manufacture of carpets, each averaging one piece a week.

 Washington Territory has got a bigger load of cinnabar than it can conveniently carry by itself, and wants Eastern capitalists to give it a lift.

The valuation of property in Boston

Capitalists to give it a life.

—The valuation of property in Boston is \$682,724,300, against \$612,663,550 a year ago. The real estate foots up \$443,000,000, and personal property \$239,000,000.

—Satisfactory experiments have been made in Berlin, showing conclusively that the escape of the smallest amount of coal gas will kill the roots of all the shrubs and trees with which it comes in contact.

—Spencer. Mass., is one of the most

—Spencer, Mass., is one of the most thriving manufacturing towns in the country. The inhabitants number 4,000, the most of whom find employment in the boot, woolen, wire and other mills

there.

— In view of the numerous railroad accidents caused by the misplacement of switches, the American Manufacturer calls upon inventors to produce an automatic switch-tender, which, it asserts, will do the work better, as a rule, than most

men.

—According to a method patented in France, non-explosive, non-hygroscopic matches may be made by impregnating the wood with a hot solution of a fatty material. The inflammable compound consists of phosphorus 7, gum 7, nitrate of lead 40, glass powder 5, water 10 parts.

The Franch Government has lately

consists of phosphorus 7, gum 7, nitrate of lead 40, glass powder 5, water 10 parts.

—The French Government has lately struck a medal in commemoration of the discovery, in 1868, by Dr. Janssen and Mr. J. W. Lockyer, of the method of observing the sun's chromosphere without an eclipse. The medal bears on the obverse side the portraits of Dr. Janssen and Mr. Lockyer, and on the reverse the chariot of the sun, with Phosbus indicating the prominences round an uncellipsed sun.

—That quarts is deposited in Nature from aqueous solutions is evident from all the facts known with regard to its occurrence in veins or cavities, filling fossil shells, lining the walls of fissures, and making up the gangue of various ores, which can only be generated by aqueous processes. The precise conditions under which crystalline quarts is thus generated are, however, not well understood.

—One by one the organic products are

which crystalline quartz is thus generated are, however, not well understood.

—One by one the organic products are being copied in the laboratory. The last triumph in this direction, which has come to our notice is the production of glycerine by Friedel and Sliva. If the vapor of fusel-oil be passed through a red-hot tube, propylen is formed, which readily combines with chlorine, and from this chloride of propylen glycerine is produced by a process in which no glycerine is employed. As glycerine is the base of all true fats, this is an important step in the direction of ell-making.

—Metallic manganese has somewhat the appearance of cast iron. It is hard enough to scratch steel, and cuts glass like a dlamond. It has the effect of rendering steel itself harder and better. In the Bessemer process, manganese is introduced into the converter in the form of spiegeleisen. This property of its hardness will, no doubt, render it very valuable in the preparation of alloys. In its pure state, we cannot expect to use it extensively, owing to its oxidizing so readily that specimens of it require to be kept in closely stopped bottles or under naptha. It decomposes water like sodium, but less rapidly, and does not reduce metallic salts like the last named metal.

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named metal.

The question has been discussed for some time past as to whether the skin, when brought in contact with solutions of various substances, can absorb them to such an extent as to produce a marked effect upon the system. The general tendency of experiments has been against such a supposition. Bernard, however, has lately made a series of investigations on this subject, in which he shows conclusively that certain substances are readily absorbed when brought in contact with the skin by means of vapor-baths. This, however, only takes place when the temperature of the bath is at least one-degree above that of the body, the sebaceous matter in the cells of the epidermis at a less temperature completely excluding its passage. A successful result can even be obtained with the waterbath, if this be brought up to a degree sufficient to dissolve the sabaceous matter of the skin.

Professor James Law has addressed

—Professor James Law has addressed to the Lens a communication on fungi found in drinking-water, accompanying which are illustrations of fungi found in the blood and milk of cows who drink water abounding in diatoms and spores. The health of the cattle was manifestly in paired, though only a part of the cows drinking the water were susceptible to its effects, and these recovered afters change of water and the use of bisulphite of sods. A late writer, referring to certain peculiarities of custom and climate which existed in the early history of Indiana, notices a disease which might have been directly traced to the cause mentioned by Professor Law. He states: "Cognate with the 'ager' was the 'milk-sick,' that strange, unaccountable affection which selzed upon milch-kine, and, through their milk, butter, and flesh, upon man. That, too, seems to be nearly extinct. Indeed, I never hear it mentioned now; but it was the cause of many painful, lingering deaths, and still more shattered constitutions, twenty-five years ago. A thousand times I have heard groups of farmers discuss the various theories, as to whether it was in the water, or the air, or the vegetation, or all thre, and, for aught I know, the question is unsettled yet."

#### school and Church.

-The Rev. George McElroy has been elected President of Adrian College (Methodist), Michigan.

—Rev. G. A. Hayward, formerly a min-ister of the Church of England, has be-come a Baptist, in Colchester, England.

-Rev. Edward Sullivan, of Chicago, and Rev. J. B. Smith, of Geneva, N. Y., eccived D. D.'s from the Baptist University at Chicago.

-Dr. Nutt, President of the Indiana State University, has received the degree of LL. D. from Hanover College, Indiana.

of I.L. D. from Hanover College, Indiana.

—Nine hundred and ninety-three home missionaries were employed by the Presbyterian Board last year, at an average salary of \$275.

—Rev. O. A. Burgess has resigned his place in the Church in Chicago to take the presidency of the N. W. C. University to which he has been elected.

ommencement, conferred the degree of D. D. upon Revs. L. R. Fisk, of Detroit Conference, and Thomas Carter, now of Mexico. -Albion College, Michigan, at its r

—Syracuse University has conferred the degree of D. D. upon the Rev. M. J. Cramer, United States Minister to Den-mark and a member of the Cincinnati Conference.

—The Bishop of Treves, according to the Gasetts de la Moselle, has refused to send into the Prussian authorities an account of the seminaries and other religious institutions of his diocese.

-Statistical returns of the British leyan Conference show a total of 348,751 members, a net increase from last year of 1,721. The number on trial is 20.844. The number of candidates for the ministry is 106.

"The Weish Calvinistic Methodists—a branch of the Preabyterian family—have 5 synods, 17 presbyteries, 180 ministers, 209 churches and 12,000 communicants. Their General Assembly met recently in Racine, Wis.

—The latest statistics of the Southern Presbyterian Church show that they have eleven synods, fifty-seven presbyteries, 939 ministers and licentiates, 1,585 church-es, 93,905 communicants and 54,710 Sab-bath scholars.

-Rev. George Sheldon, graduate of Princeton College and Seminary, and for six years Professor of Hebrew. Union Theological Seminary, New York, has joined the Episcopal Church. He was confirmed in Philadelphia on June 15, and has made application for admission to orders.

erders.

—Rev. F. Merrick, D. D., has resigned the Presidency of the Ohio Wesleyan University and Rev. F. H. Newhall, of Lynn, Mass., has been elected to the vacant position and will be inaugurated in the control of the control of

—Father Barria, one of the Jesuit fathers who were expelled from Mexico a few weeks since, died on Saturday, June 28, at the College of St. Francis Xavier, in Fifteenth street, New York. He was preaching in his church when the rioters entered and forced him to fly for his life.

entered and forced him to fly for his life.

—Rev. Dr. Curry, in the last issue of the Caristian Advocate, substantially reliterates his charge that Mr. Beecher, from his pulpit and through his paper, promuigates emasculated theology and is blameable for many of its evil effects in the Methodist Episcopal Church.

—Professor W. G. Williams, of the Ohlo Wesleyan University, and Rev. J. S. Youmans, of the Eric Conference, were made D. D.'s by Baldwin University. R. v. Arthuur Edwards has been so honored by the Northwestern University.

—At the recent Commencement of Mo-

—At the recent Commencement of Mc-Kendree College, Lebanon, Ill., Revs. W. A. Jewett, of the Rock River Conference, and C. E. Felton, of the St. Louis Con-ference, received the honorary degree of Doctor of Divinity.

-The Disciples threaten to have an —The Disciples threaten to have another split among them. The Progressives, as they call themselves, claim the right, and practice it, of organizing and sustaining missionary societies, of building handsome churches, employing choirs, using organs, &c., while the Conservatives hold that these features are departures from the true faith.

"The Entscape Bishop of Alabama has

—The Episcopal Bishop of Alabama has succeeded in all but two cases in bringing up the minimum salary of every married clergyman in the diocese to \$1,000 a year. There are a few strong churches in the diocese; of the others about half are called self-supporting, while the remainder need

help.

—Rev. T. De Witt Talmage has accepted a call to take charge of the editorial department of The Christian at Work, a religious journal of New York. He will enter upon his duties as editor about the middle of August, on his return home from his trip to Colorado, whither he will proceed next week.

-Bishop Smith, of Kentuky, has re-ceived a letter from Bishop Wilberforce, of England, suggesting that the Ameri-can Episcopal Church co-operate with the English Church to raise a fund for per-petuating "the saintly memory of the late Right Rev. Bishop Gray," of Cape Town.

The prerogatives of Methodist Episcopal bishops are under discussion in the Advocates. The dissatisfaction has arisen from the fact that the location of the Episcopal residences, as directed by the General Conference, has been set aside or tardily adopted by the recently-elected

-At the last communion in the Presby terian church at Watertown, New York, eighty-nine persons were received into the eighty-nine persons were received into the church. Among them a grand-father, with his family of nine, were taken in. As they approached, the pastor, itev. Dr. Porter, said to the old patriarch, "Come thou and all thy house into the ark," the appropriateness of which was accepted by the congression. by the congregation.

—The Church Journal says of Mr. Spurgeon that he is an example of dissenting preachers that are not gentlemen, not men of culture, though many of them are men of certain streng, coarse-grained, natural force. The editor considers Mr. Spurgeon of this class—already, at forty, fat and gouty, from many steaks and much porter.

### Personal and Literary.

-The most belligerent General-Kil-

-Kate Field has been invited to write critical notices for the London Athe-

-The London Saturday Review thinks that Bret Harte is a story-teller and poet of true genius.

-The Paris Figure calls President Grant the great smoker of the Great Re-—One of the foremost of Virginia ora-tors writes his names Y. Howe Peyton, and lectures on temperance.

—Sidney E. Morse has retired from the New York Observer. He has been con-nected with the paper since 1856. —The will of Jesse Grant gives \$25,000 apiece to three of his children. The poor I resident is cut off without a cent.

—No less than 1,927 poets figured in the last English census as resident in London. Unhappy city! —Anna Dickinson is visiting friends in Kansas. She likes that State, because there she can-sass as much as she pleases.

-Geo. Vowels, of Muscatine, Iowa, has

unaccountably left his home; an act not consonant with his usual habits.

—A lady died in Charleston, a few days ago, whose husband, son, brother, and uncle have all been Governor of South Carolina.

—Dr. Holmes being asked by a young physician what sign to put on his door, eplied, "The smallest avers gratefully eccive"."

—Lucy Stone is out with a letter men-tioning many instances to show that the late Chief Justice Chase was in favor of —A Miss Breath was recently married to a man named Bussing. It is presumed that when she received her Bussing he held his Breath.

—Blacque Bey, the Turkish Minister to this country, having resigned, his diplo-matic services will for the present be held

—W. S. Robinson, late "Warrington," of the Springfield Republican, succeeds Mr. Ballou as editor-in-chief of the Boston Globe.

—Kate and Maria Doherty, of Spring-field, Mass., are in active training for the feminine boat-race to come off on the Har-lem river this month.

—Mexico offers a prize of \$2,000 for the best—i.e., most flattering—biography of the late President Juarez. Where is the Rev. J. S. A. B. C. Abbott?

—Caleb Cushing says he spent seven-teen hours a day in severe intellectual la-bor for twenty-live years and felt all the better for it. He does not do so new, however, as he has begun to feel his age.

—Ida Lewis, the aquatic heroine, has separated from her husband, Wm. Lewis, because he is a shiftless, lazy fellow, and won't support her. She still remains at the light-house.

-The critics generally declare Bret Harte's last verses a failure, and some of them advise him to send his debilitated intellect to to a hydropathic establishment for recuperation.

for recuperation.

—Wm. W. Story, the poet-sculptor, is very unpopular with our Rome-visiting countrymen, because he refuses to be bored by them when they have only impertinent curiosity to gratify.

—A Chicago paper mentions that Whitelaw Reid went to Cincinnati for the purpose of disposing of his interest in the Gazetts, of that city, amounting, it is understood, to some \$50,000.

—Ex-Governor Wise, of Virginia, is a remarkable man. He has lived out one generation and tired out another, and he is now fresh and ready for a new scene, as a racer after a good rubbing and a peck of oats.

—When Susan B. Anthony was asked by Judge Hunt if she "had anything to say," she proceeded to say so much that she had to be choked off in the midst of

—General Beauregard is reported to be growing old very fast. His health is quite infirm, too, owing to the severe taxing of his physical and nervous system during the war.

—C. H. Snow, formerly proprietor of the Washington National Intelligencer, has just married Miss Nannie L. Stake— the coolest victim of martyrdom at the

the coolest victin stake yet known. -Ex-Governor Hoffman, of New York,

Ex-Governor Hoffman, of New York, always presents a John T. appearance. But, if he were to neglect his personal apparel for about half the time, he would present a demi-john-ty appearance.
 It is said that, since Commodore Nutt was married to Minnie Warren, Nutt is continually compelled to shell out under the threat of a Minnie bawl.

—Col. Geo. Butler, formerly Consul-General at Alexandria, has been appoint-ed an officer in Don Carlos' army. An exchange says that Col. Butler is also a George was at one time the dramatic editor of the *Herald*, and is a pungent

—John Tabor, of the editorial corps of the New Orleans *Republican*, died last week of a chronic complaint. He had lived an adventurous life, and among his adventures was a personal altercation re-sulting in his killing the father of the no-torious Josephine Mansfield.

### Foreign Items.

—M. Staempfil, the Swiss member of the Geneva Tribunal, has been dangerous-ly ill, but is now recovered.

-Slam is an ungallant country. the first wife may be divorced; and after that every wife may be sold for cash or traded for a yellow dog.

—France is muzzling the press again.

There will soon be an explosion and a breach of the peace from the Republican

—Matthew Arnold's sister, now the wife of Professor Ward, of Oxford, and the author of some remarkable papers on Spanish literature, is seriously ill.

-Mr. M. T. Bass, M. P. for Derby, thinking that for some things water is better than beer, has built two swimming baths for the use of men and boys of the

—Marshal Serrano was lately compelled by the Mayor of Biarritz, France, to break up a musical fets at his villa, some of his neighbors having complained of

—A Russian lady, Lydia Rodelrena, has given \$40,000 to endow a department for medical instructions for women in St. Petersburg Academy of medicine.

—The Khedive of Egypt has purchased the plain of Godfrey de Bouillon, at Buyukdere, near Constantinople, on which he intends to make a park to present to the Sultan.

—More marriages have been solemnized at the American Legation, Paris, in the past six months, than during any similar period since the establishment of diplo-matic relations between this country and

—The aged daughter of Prudhon, the French agrarian philosopher, is so very poor that a subscription is raising in Paris in her behalf. She is said to have been in destitute circumstances for nearly three

years, though the fact has but recently become known.

—Four young women have entered upon the philosophical course at the University of Rome. They are skillful short-hand writers, an art that is absolutely necessary at this university, as all lectures are re-quired to be taken down verbatim by the students.

—The Russian Government declares that the women students who have recently been attending the Swiss universities in considerable numbers are "politicians, revolutionists, radicals, and inclined to free love," and that after the first of January, 1874, such women will not be admitted on their return to Russia to any examination, educational establishment, or appointment of any kind under the control of the Government.

the control of the Government.

—London is about to hold a beer jubilee, at which ales, stouts, porters and beer are to be put on exhibition. All the brewers of England, Ireland, Scotland, also of Bavaria, Austris, Prussia. Saxony, and other parts of Europe have sent casks of their productions. Each visitor, upon payment of a shilling, will be presented with a tasting ticket, entitling him to taste as much and of as many kinds of the stock on hand as he chooses. He can then vote for that which suits his taste best.

#### Sun-Stroke.

With the return of the long, hot, dry days of midsummer the recurrence of this accident is to be anticipated, and as many of our readers reside at some distance from professional medical aid, perhaps a short account of the latest theory of this disease, with some plain and concise directions for treatment may not be unacceptable to them.

WHAT IS IT?

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WHAT IS IT?

Sun-stroke, insolation, coup de soleil, or heat, apoplexy, for it is known by all these synonyms, is the result of suppressed perspiration. For this advance in medical science we are indebted to the American surgeons of the last war, and this the American theory, has been adopted by some of the first English authorities (Braithwaite, Jan. 1871.) The symptoms may be divided into three stages:

1st. Loss of appetite, headache, feeling of languor, attended with deficient perspiration, scanty secretion of urine, and an absolute rise of temperature from 98 to 104 degrees Fahrenheit, or more. The blood thus becoming vitiated induces—
2d. The seizure, or fit. This is essentially congestion (of the brain or lungs, or kidneys.) attended by corresponding symptoms. If of brain, with come or delirium, or convulsions; if of the lungs, with irregular breathing, cough and spitting of blood,; if of kidneys, with severe pains in the back, and the suppression of their secretion.

3d. The last stage of the disease is col-

pains in the tack, and their secretion.

3d. The last stage of the disease is collapse, which generally proves fatal, and is not really different from the same condition of prostration in other diseases.

TREATMENT.

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TREATMENT.

1. For immediate relief: Remove the person to the shade; divest the neck and chest of clothing; bathe the face with cold water, and, if agreeable to the patient, shower the head.

2. For permanent benefit: Restore perspiration by any convenient means. To effect this the warm bath is recommended, when attainable. In its absence place the patient in bed and use hot bricks and wet cloths. A tea-spoonful of spirits of niter may be given every hour. In English practice a table-spoonful of brandy is given at the same intervals.. To these, it the patient is delirious and moaning, may be added enough chloral hydrate to produce alcep—say a dram, divided into three doses, and given at intervals of fifteen minutes, until sleep is produced. There is no physiological objection to the use of opiates, although narcotics are not as proper as stimulants on account of the suppressed secretions. Such is the pound of cure, as represented in current medical literature; and now for the ounce of PREVENTION.

1. Use no alcoholic liquors for the pur-

1. Use no alcoholic liquors for the purposes of support—that is as a substitute for food—as this increases the difficulty, which is the presence of a super-abundance of carbonaceous matter in the blood, the result of the disintegration of muscle during exercise. The experience of British army surgeons in India fully justifies this rule.

2. Eat a proper amount of nitrogenized food, such as Leefsteak, bread, milk, cheese, &c., considering that though the weather be hot a given amount of labor will require the same amount of food that would be required were the weather cooler; as only the nitrogenized constituents can be used for the production of motion.

3. Drink freely of water. It is only by

can be used for the production of motion.

3. Drink freely of water. It is only by the transformation of water into vapor that the natural heat of the human body is restricted to its proper modicum.

4. Resort to artificial protection from the rays of the sun. Umbrella; wear a high crowned straw hat with a broad brim; till the crown with green leaves or a handkerchief; attach a cape to the back part of the brim; dip a part or the whole of this arrangement in water and use wet; and finally, to sum up the whole matter, if the thermometer stands above ninety degrees in the shade, make no attempt to labor in the sun.—Cor. Country Gentleman.

#### Eating Without an Appetite.

It is wrong to eat without an appetite, for it shows there is no gastric juice in the stomach, and that nature does not need food, and not needing it, there being no fluid to act upon it, it remains there only to putrify, the very thought of which should be sufficient to deter any man from eating without an appetite for the remainder of his life. If a tonic is taken to whet the appetite it is a mistaken course, for its only result is to cause one to eat more, when already an amount has been eaten beyond what the gastric juice is able to prepare.

eaten beyond what the gastric juice is able to prepare.

The object to be obtained is a larger supply of gastric juice, not a larger supply of food; and whatever falls to accomplish that essential object fails to have any efficiency toward the cure of dyspeptic diseases. The formation of gastric juice is directly proportioned to the wear and tear of the system, which it is to be the means of supplying, and this wear and tear can only take place as the result of exercise. The efficient remedy for dyspepsia is work—out-door work—beneficial and successful in direct proportion as it is agreeable, interesting, and profitable to the worker.